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Amendments to the Claims:

This listing of claims will replace all prior versions, and listings, of claims in the application:

Listing of Claims:

Claims 1 to 18 (cancelled).

19. (new) A method of reducing the incidence of colorectal cancers in a human in need thereof, which method consists essentially of administering to said mammal an effective amount of a water soluble, non-fermentable cellulose derivative which is methylcellulose, alone or in combination with an insoluble fiber which is wheat bran.

20. (new) The method according to Claim 19 wherein the methylcellulose is formulated into a composition with additional pharmaceutically acceptable carriers or diluents.

21. (new) The method according to Claim 20 wherein the composition is administered as a bulk powder, tablet, capsule or suspension.

22. (new) The method according to Claim 20 wherein the composition comprises a sugar.

23. (new) The method according to Claim 20 wherein the composition optionally comprises lactose, terra alba, sucrose, talc, gelatin, agar, pectin, acacia, magnesium stearate, or stearic acid.

24. (new) The method according to Claim 20 wherein the composition is administered in a rapidly disintegrating tablet.

25. (new) The method according to Claim 19 wherein the total daily dosage of methylcellulose administered is from about 0.4 gram to 30 grams day.

26. (new) The method according to Claim 25 wherein the total daily dosage methylcellulose administered is from about 1 gram to 10 grams day.

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27. (new) A method of reducing the incidence of breast cancer in a human in need thereof, which method consists essentially of administering to said human an effective amount of a water soluble, non-fermentable cellulose which is methylcellulose, alone or in combination with an insoluble fiber which is wheat bran.
28. (new) The method according to Claim 27 wherein the methylcellulose is formulated into a composition with additional pharmaceutically acceptable carriers or diluents.
29. (new) The method according to Claim 28 wherein the composition is administered as a bulk powder, tablet, capsule or suspension.
30. (new) The method according to Claim 28 wherein the composition comprises a sugar.
31. (new) The method according to Claim 28 wherein the composition optionally comprises lactose, terra alba, sucrose, talc, gelatin, agar, pectin, acacia, magnesium stearate, or stearic acid.
32. (new) The method according to Claim 28 wherein the composition administered in a rapidly disintegrating tablet.
33. (new) The method according to Claim 27 wherein the total daily dosage of methylcellulose administered is from about 0.4 gram to 30 grams day.
34. (new) The method according to Claim 27 wherein the total daily dosage of methylcellulose administered is from about 1 gram to 10 grams day.